WHAT IS CLAIMED IS:

THE EMBODIMENTS OF THE INVENTION IN WHICH AN EXCLUSIVE PROPERTY OR PRIVILEGE IS CLAIMED ARE DEFINED AS FOLLOWS:

- 1. A roast lifter for use in cooking and moving meat or poultry comprising one or at least one interwoven string or cord defining a body for holding and supporting the meat or poultry, and defining at least two handles for lifting the combination of the body and the meat or poultry.
- 2. A roast lifter according to Claim 1 wherein the handle consists of a length of string or cord attached to the peripheral edge of the body, and the handles are attached at opposing edges of the body.
- 3. A roast lifter according to Claim 1 and 2 wherein the string or cord is butcher's twine.
- 4. A roast lifter for use in cooking and moving meat or poultry comprising a body for holding and supporting the meat or poultry, and at least two handles attached to opposing peripheral edges of the body for lifting the combination of the body and the meat or poultry, wherein the body is comprised entirely of one or at least one interwoven string or cord defining a net with a plurality of apertures, and the handles are comprised entirely of string or cord.
- 5. A roast lifter according to Claim 4 wherein the string or cord material is butcher's twine.
- 6. A method for producing a roast lifter comprised of string or cord comprising the steps of interweaving string or cord to form a net conforming to the size of the meat or poultry, and attaching at least two handles to opposing peripheral edges of the net.

- 7. A method for producing a roast lifter according to Claim 6 wherein the handle is comprise of one or at least one length of string or cord.
- 8. A method for producing a roast lifter according to Claim 6 and 7 wherein the string or cord is butcher's twine.